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Big Lift now underway on Macdonald Bridge

CONSTRUCTION

Project moving along despite a few 'bumps in the road'



Kristen Lipscombe
Metro | Halifax

Drivers crossing the Angus L. Macdonald Bridge may notice some more "bumps in the road," Big Lift project lead Jon Eppell said Sunday afternoon.

The long-awaited deck replacement on the "old bridge" spanning Halifax Harbour started Friday, a month behind the original schedule, and a week after its rescheduled start date.

"We'll have traffic plates that will be about an inch and a half thick," Eppell said of how the road to and from work will likely feel with the Big Lift now underway.

"They're tapered at the ends to try and make it a little bit better, but we expect that people are going to notice a difference."

"They'll notice the bumps in the road at the beginning and end of that segment," he added, "but they'll also notice that segment is a lot smoother than what they've been driving on the rest of the suspended



Bridge crews and onlookers watch a new section of the Angus L. Macdonald Bridge being raised into place as part of the Halifax Harbour re-decking initiative on Sunday. JEFF HARPER/METRO

spans for the last few years."

There are 46 segments that need to be replaced, with instalment of the more complicated first segment shutting down the bridge over the weekend, and coming across some bumps of its own.

Crews came across some "technical challenges" as work

got underway, Eppell said, including a metre-long section of deck that had to be removed in several pieces before replacing that first segment.

"It was like a jigsaw puzzle, and it didn't want to come apart," he said with a chuckle.

Workers also had to remove an old bearing that was "really

difficult to get out."

"It had to be chopped into small pieces," Eppell said. The bearing itself was replaced with a device that "looks like an inverted pendulum."

Despite setbacks, Eppell said the Macdonald Bridge was expected to reopen to traffic 5:30 a.m. Monday.

"But we don't know what we are going to encounter between now and then," he said.

Halifax Harbour Bridges hopes for deck replacement to be complete by late 2016, with continued over night and weekend closures that will ultimately give the Macdonald Bridge a life span of 75 years.

IN BRIEF

Driver ticketed after hitting pedestrian in crosswalk

A 19-year-old driver has been ticketed after a woman was struck in a Halifax crosswalk on Saturday night.

Police say the collision happened as the 62-year-old woman crossed Oxford Street at Quinpool Road around 7 p.m.

A Mini Cooper driven by the 19-year-old man hit the woman, who was treated by paramedics at the scene, then taken to hospital with non-life-threatening injuries. The driver was ticketed for failing to yield to a pedestrian in a crosswalk. METRO

Lower Sackville woman injured by motorist

A 21-year-old woman sustained minor injuries when she was hit by a car while in a marked crosswalk late Sunday afternoon in Lower Sackville.

The woman was crossing at the intersection of First Lake Drive and Metropolitan Avenue at about 3 p.m. when the vehicle turned left and struck her leg, Halifax RCMP said in a news release.

Police and paramedics responded to the call, with the woman treated and released on scene.

Officers issued the 72-year-old man behind the wheel a summary offence ticket for failing to yield to a pedestrian in a crosswalk, which carries a fine of \$693.95 along with four driver's licence demerit points upon conviction, RCMP said. METRO



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ELECTION 2015

Trudeau urges end to decade of Harper

Liberal Leader Justin Trudeau urged voters to end “the Harper decade” in Halifax on Saturday as the election campaign wound down and he was beginning a cross-country sprint to the finish.

“I think Canadians just need to look back over the last 10 years to realize that we can’t afford another 10 years like the last 10 years,” Trudeau said. “It’s time to turn the page on the Harper decade.”

It was Trudeau’s second stop in Halifax during the 11-week campaign. NDP Leader



Liberal Leader Justin Trudeau
THE CANADIAN PRESS

Thomas Mulcair was in the Halifax region three times, while Prime Minister Stephen Harper never visited the Nova Scotia capital.

“We have the chance to beat fear with hope, we have the chance to beat cynicism with hard work,” Trudeau told several thousand supporters packed into a hotel ballroom at the Westin on Saturday. “We have the chance to take Canada from Stephen Harper and give it back to Canadians.”

A protester briefly interrupted Trudeau’s speech, holding up a sign saying “Liberals In Bed With TransCanada Corp.”

It was a reference to the uproar over the resignation of Dan Gagnier, the former Liberal campaign co-chair. Gagnier stepped down after it came out he sent a detailed email to Energy East pipeline proposer TransCanada Corp. with advice on how and when to deal with a new government — including a Liberal minority. THE CANADIAN PRESS WITH FILES FROM METRO

IN BRIEF

Snow — yes, snow — could fall on Halifax Election Day
Say it ain’t snow, please, already.

Yes, according to Environment Canada on Sunday, a dusting of snow could greet people on their commute to work on Monday.

In fact, by noon, they

say two centimetres of the white stuff may have fallen in some communities around Halifax.

Temperatures will drop to zero degrees overnight and be 1 C in the morning, before eventually hitting 7 C by the afternoon with some sunshine.

METRO

Police believe alcohol a factor in fatal car crash

TRAFFIC SAFETY

Passenger dead at scene, two seriously injured: RCMP



Philip Croucher
Metro | Halifax

Police haven’t determined whether charges will be laid in a fatal crash in which they believe alcohol played a factor.

Halifax RCMP say they were called to the single-vehicle accident at 1:30 a.m. Sunday near 2028 Beaver Bank Rd.

A Honda Civic left the road and crashed into a ditch, causing extensive damage to the car.

A 21-year-old man from Beaver Bank, who was a passenger in the vehicle, died at the scene.

Two young women, also in their early 20s, were ejected from the car and taken to hospital with serious, life-threatening injuries.

Police couldn’t provide an update on the women’s conditions Sunday evening.

The driver of the car was also injured but has since been released from hospital.

Staff Sgt. Dave Thibeau of the RCMP said their inves-



The aftermath of Sunday’s early-morning accident that left one person dead and two female passengers in life-threatening condition. COURTESY RCMP

tigation so far makes them believe alcohol was a factor in the crash, but they aren’t sure to what extent.

“The specifics of the investigation I can’t get into. We do believe alcohol played a

role,” he said, adding that “all the evidence will be analyzed and ... we will then determine what if any charges will be laid.”

The 2000 block of Beaver Bank Road was closed for

much of the morning as police investigated.

“Anytime there’s a crash and there’s a fatality, it’s a tragedy,” Thibeau said, adding that “most of the crashes we go to are preventable.”

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Travi\$ Scott is one of this year's headliners. CONTRIBUTED

Festival has plenty of Pop

EVENTS

Lineup gives music lovers a chance to hear something new



Zane Woodford
Metro | Halifax

If this long, drawn-out election campaign has been the party, then the Halifax Pop Explosion is the perfect hangover cure.

"At its core, it's a new music festival that's really about supporting our local community and bringing in some new acts that people haven't heard from away," said festival director James Boyle. "That remains our core focus and it's still the main reason why we do this: to expose people to new music."

Starting Tuesday and running through Saturday, the Pop Explosion is in its 22nd year.

The schedule for the five action-packed days of music gives festival-goers options every day. Whether you're hoping to see indie, electronic, metal, hip hop or even comedy, you'll find it somewhere in Halifax this week.

Boyle said creating the lineup and then the schedule is an interesting process that takes the better part of a year.

"It's really about matching headliners with the appropriate locals, which is really how locals get booked," he said, giving the example of matching local group Weirido Click with Travi\$ Scott.

Boyle said it's important to the festival organizers that as many genres as possible are represented and he's pleased to have been able to do it at the headliner level this year, with Purity Ring, Stars, Travi\$ Scott and especially the Dillinger Escape Plan.

"It's exciting to bring in some new music at the headliner level that we haven't been able to service in a few years: the metal community," he said.

He's excited to see those headliners hit the stage, but for Boyle, in his second year as director, the reaction of the fans is the best part.

"I enjoy watching bands, no question, but I love seeing the excitement on people's faces and the reaction they get after a really great show," he said.

For tickets and the full schedule, head online to halifaxpopexplosion.com

The big thing about the Halifax Pop Explosion from the beginning has been about showcasing incredible local talent and exposing Halifax to the best new music.

James Boyle

EDUCATION

King's College asking for tuition hike

Tuition could be getting more expensive at the University of King's College, but not until 2017.

The King's Student Union said Friday that the school's board of governors voted at a meeting Thursday to ask the province to allow it to raise tuition by \$1,000, which would bring annual tuition costs to \$8,650 a year by 2018 — an increase of 24 per cent.

A release from the school

said its tuition committee recommended against a tuition reset, but the board voted to allow a \$500 "tuition reset" in the 2017-18 term and another in the 2018-19 term.

The board agreed tuition would remain unchanged for the 2016-17 year.

The release said the board was clear it had not decided yet but was creating an option for the future, "having regard to the financial circumstances

\$8,650

Annual tuition fee being requested by the school's board of governors

of the College at that time."

King's has seen an 8.4 per cent drop in enrolment this year, according to the Association of Atlantic Universities,

and student-union president Alex Bryant suggests it's hoping to make up for it with this potential tuition increase.

"This is a short-term solution and a blatant cash grab from students who simply cannot afford it," Bryant declares in a statement.

"Students and faculty know that out-of-control fees are the reason for King's recent enrolment drop."

ZANE WOODFORD/METRO

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Remembering fallen officers

POLICE SERVICE

Event honours those who are 'never coming home again'



Kristen Lipscombe
Metro | Halifax

Almost three decades ago, Adam Esse fled a nation where citizens fear the police.

Sunday, he joined local citizens to honour police at a ceremony which saw officers march to the city square from police headquarters on Gottingen Street.

Esse, a local Muslim leader originally from Somalia, shared a passionate closing prayer at Halifax Regional Police's yearly Law Enforcement Memorial Service, held on a brisk and sunny fall morning at Grand Parade.

"Twenty-seven years back, I came from a country where people run away from the policemen because of torture, unless you bribe them," Esse told his audience of both

civilian and sworn police personnel.

"Today, my children ... when they have any problem, they run to the police protection," said Esse, who serves as the imam at the Nova Scotia Islamic Community Centre in Bedford.

Halifax Mayor Mike Savage, Justice Minister Diana Whalen, Lt.-Gov. John James Grant and other government representatives also took in the 33rd annual ceremony honouring officers in Nova Scotia and across the country who have died in the line of duty.

The dignitaries joined families of fallen police officers and residents who paused to pay their respects.

"Success in your line of work means something very different from that of many other professions," Whalen told the crowd.

"Your success means you have protected someone so they can return home safely to their families."

But that success sometimes means "dedicated officers" will never return home to their own families, as was the case for the 23 names now etched into the Nova Scotia Fallen Peace Officers Monument, a stone arch that framed City Hall as police representatives from across the province laid wreaths at its steps.

That included Halifax Regional Police, Halifax and provincial RCMP, Cape Breton Regional Police Service, Truro Police Service, Department of Natural Resources, as well as Correctional Service of Canada members.

Silence seemed to deepen as Tammy Burkholder, daughter of Sgt. Derek Burkholder, laid the final wreath on behalf of the families of fallen peace officers.

Her sister, Tanya Burkholder and five-year-old son Dylan, also stepped up to place a bouquet of roses on the memorial.

Lunenburg RCMP member Sgt. Burkholder was shot and

66

I have no words to really express how much love ... we have for you.

Adam Esse



RCMP Officers parade down Carmichael Street on their way to the annual Law Enforcement Memorial Service at Grand Parade on Sunday. JEFF HARPER/METRO

killed June 14, 1996, while responding to a domestic dispute. Tammy and Tanya attend memorial services for fallen po-

lice officers, both locally and nationally, as often as possible to honour their father, who was 49 years old when he died.

"It changed us," Tanya said. "Nobody wants to remember thinking, 'He's never coming home again.'"

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READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Building a bridge to democracy in Canada



ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped

with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He says a major national Canadian newspaper (he won't name which one) would not publish them, even after they'd commissioned a column about his ideas.

Berlin is also the founding editor of The Walrus, the former owner and editor-in-chief of the Literary Review of Canada, a memoirist, journalist — which is to say, a man you can't write-off as

fringe. Despite that, the only mainstream media mention of his party that I could find appeared in a CTV article titled "Rhinos and Pirates: A look at Canada's federal fringe parties."

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that

grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take

all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. Anti-Harperites "don't mean 'anyone but Harper,'" they mean one of the established parties.

"You're supporting a corporate idea. These guys have the money, they dominate the media," he says.

"Your apathy or cynicism is grounded much deeper than you've gone. It's time to withdraw legitimacy from the system," he says. He rejects the idea that politics should be founded on suspicion, full of checks and balances to keep everyone in line.

"I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism. "There's a litany of problems com-

ing toward us, and if you listen to (political parties) carefully, they're talking 19th Century vocabulary. They cannot update themselves."

The Bridge Party has a twinge of the absurdist — I ask what his family makes of it. He says his wife is starting to come around, and his kids wonder, "what's he up to now."

"When I started the Walrus, there wasn't a yay-sayer around," he notes, optimistically. "I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't."

Still, ignored by media and facing the ire of mainstream party-faithful friends, Berlin is finding this project "lonely."

"I have not been successful with this idea," he says, somewhat disheartened sounding.

"Yet?" I ask.

"Yet."



I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't.

David Berlin, leader of The Bridge Party of Canada and founding editor of The Walrus

Prominent Canadians have their say

To create a political system that engages young people. To reinforce the importance of First Nations. To make greenhouse gas emissions a top priority in Ottawa. Because every opinion matters. Those are just a few of the reasons prominent Canadians say they're voting today — and Facebook hopes they'll give others an extra incentive to do the same. Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout.

Here's what some of the famous faces have to say. **ANGELA MULLINS METRO**



Craig Kielburger
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive."



David Suzuki
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media."



Damian Warner
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us."



Perry Bellegarde
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians."



Jann Arden
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going to vote because I want change. I am going to vote because it is my right as a free and democratic Canadian."

DID YOU VOTE? TELL YOUR FRIENDS!

Facebook is rolling an "I'm a voter" button onto news feeds of Canadians who are 18 and older today.

When you tap it, you can proudly declare that you've done your civic duty or you can simply click through to Elections Canada's website for voter information.

ALL PHOTOS VIA FACEBOOK

Now it's time to vote

ELECTION 2015

Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based



Stephen Harper, right, supports Nav Bhatia in Mississauga. JONATHAN HAYWARD/THE CANADIAN PRESS

grassroots.

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals

trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats

in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

ELECTION 2015

All those ballots not destined for blue box



Andrea Ross
Metro | Edmonton

Millions of VIPs will land in Ottawa next week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa, where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said. "Our system is very prescribed and well thought-out."

After votes are counted Monday night, each ballot will be numbered and tracked, including unused ballots. They will be sealed in envelopes, put inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens

shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library.

And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts, she added.

"There wouldn't be a nationwide recount of all these ballots, but there might have been a race where it was really tight and they request a recount," Nyirfa said. "That happens quite commonly."

The thousands of boxes of ballots will meet their demise 10 years from now, destroyed in an "environmentally-friendly way," Nyirfa said.

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Ballot cynicism in Egypt

MIDDLE EAST

Doubts mar first election for legislature since 2012

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament, elected less than a year after the 2011 ouster of longtime autocrat Hosni Mubarak, was dominated by supporters of the now-outlawed Muslim Brotherhood as well as ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by



An Egyptian casts her vote at a polling station in Giza on Sunday. AMR NABIL/THE ASSOCIATED PRESS

Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

"There's no incentive to vote," declared 38-year-old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling cen-

tre in Boulaq el-Dakrou, one of the most densely populated districts in Egypt.



There's no incentive to vote.

Mohammed Mahmoud, businessman

tre in Boulaq el-Dakrou, one of the most densely populated districts in Egypt.

"Even if a candidate has a platform, I don't think it's true. I don't think it will be implemented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which

the first of two days of voting took place Sunday.

One of his workers, Mohammed Hassan, echoed the same sentiments: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital Cairo, will happen Nov. 22-23.

Each stage of the vote will be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon.

THE ASSOCIATED PRESS

IN BRIEF

Big bust for Paris police

France's finance minister says police made the country's biggest drug seizure in two years when they found 7.1 tons of hashish in Paris' chic 16th arrondissement.

Michel Sapin said in a statement Sunday agents discovered the drugs, with an estimated street value of 15 million euros (\$17 million), in an unoccupied van being used as a temporary storage space.

THE ASSOCIATED PRESS

Police hunt for shooter in ZombiCon killing

Police say a shooting at the ZombiCon gathering in Florida killed one person and injured four others.

Lt. Victor Medico of the Fort Myers Police Department said the shooting occurred late Saturday night, according to the News-Press.

The four people wounded were being treated for injuries that were not life threatening, he said.

The search for the shooter continued Sunday. THE ASSOCIATED PRESS

PHILIPPINES

Typhoon kills two

Slow-moving Typhoon Koppu weakened after blowing ashore with fierce winds in the north-eastern Philippines on Sunday, leaving at least two people dead, displacing 16,000 villagers and knocking out power in entire provinces, officials said.

Soldiers and police were deployed to rescue residents trapped in flooded villages in the hard-hit provinces.

After slamming into Aurora's Casiguran town after midnight Saturday, the typhoon weakened, hemmed in by the Sierra

Madre mountain range and a high-pressure area in the country's north and another typhoon far out in the Pacific in the east, government forecaster Gladys Saludes said.

Winds knocked down trees and electric posts, leaving nine entire provinces without power, while floods and small landslides made 25 roads and bridges impassable. Authorities suspended dozens of flights and sea voyages due to the stormy weather, and many cities cancelled classes on Monday. THE ASSOCIATED PRESS

ISRAEL

Tensions rise alongside walls in Jerusalem

Palestinians in Jerusalem have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by



Palestinians watch as a wall is built between theirs and a Jewish community in Jerusalem Sunday. THE ASSOCIATED PRESS

Israel in 1967 and claimed by Palestinians as a future capital.

Prime Minister Benjamin Netanyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe would do to quell urban unrest. But some allege he is dividing Jerusalem,

something Netanyahu has said he would never do.

"They want to humiliate us," said Taher Obeid, a 26-year-old janitor at the Hebrew University of Jerusalem.

Domestic critics say Netanyahu — long opposed to any negotiated partition of Jerusalem into two capitals — is effectively dividing the city along ethnic lines with his security measures.

"This is what the future looks like," said Jerusalem expert Daniel Seidemann. "It's the one-state reality." THE ASSOCIATED PRESS



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6 SIX@6 LAST NIGHT:

6 Halsey The New Americana

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3 Drake Hotline Bling

2 Macklemore ft Ryan Lewis Downtown

1 The Weeknd The Hills

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U.S. halts Arctic drilling leases

ALASKA

Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of \$7 billion on Arctic exploration. The company cited disappointing results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling fed-

eral petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Jewell said the Chukchi Sea off Alaska's northwest coast and the Beaufort Sea off the state's north coast will not be included in the agency's current five-year lease sale plan. In addition, current leases held by Shell and other companies in Arctic waters will not be extended.

Beaufort Sea leases are set to expire in 2017, and Chukchi Sea leases in 2020.

Sen. Dan Sullivan, R-Alaska, said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But

+ CONSERVATION

Environmental groups say industrial activity in the region further harms marine animals already affected by the loss of sea ice.

Miyoko Sakashita of the Center for Biological Diversity lauded the Interior Department's announcement.

"This is great for the Arctic and its polar bears," Sakashita said. "We need to keep all the Arctic oil in the ground." THE ASSOCIATED PRESS


he said the administration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going to help the social problems." THE ASSOCIATED PRESS



Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean.

ELAINE THOMPSON/THE ASSOCIATED PRESS FILE



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AUTO INDUSTRY

Takata airbag recall includes 2015 models

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest in a problem that continues to widen with no end in sight. U.S. regulators have warned that more manufacturers and newer models are likely to be recalled. Eight people have been killed worldwide, and more than 100

have been hurt.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers certain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

The recalls currently cover 11 auto and truck companies including BMW, Daimler Trucks, Fiat Chrysler, Ford, General Motors, Honda, Mazda, Mitsubishi, Nissan, Subaru and Toyota. But the NHTSA warned that recalls could spread to Mercedes-Benz, Jaguar Land Rover, Suzuki, Tesla, Volvo Trucks, Volkswagen and Spartan Motors. THE ASSOCIATED PRESS



The 2014 Chevrolet Silverado is one of 3,300 pick-ups and SUVs being scrutinized. CHEVROLET/THE ASSOCIATED PRESS

IN BRIEF

Guinness judge certifies 122-metre-long baguette as new world record

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world.

Some 60 French and Italian bakers — backed by Ferrero, maker of Nutella — worked nearly seven hours Sunday to bake the French bread.

The baguette was then cut and smeared with Nutella to share with the hundreds of Expo-goers who witnessed the record. THE ASSOCIATED PRESS

Last US Airways flight arrives in Philadelphia

The final US Airways flight has landed in Philadelphia, completing the last leg of its roundtrip journey.

The Airbus A321 landed at Philadelphia International Airport at 5:54 a.m. Saturday after departing from San Francisco at 1:07 a.m.

All future flights will fly under the American Airlines banner, following the completion of a merger announced in 2013.

THE ASSOCIATED PRESS



Politics of the future: Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

Metro MONDAY POLL

Design your dream election

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If you could make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?

26% Chris Hadfield
24% David Suzuki
19% Grumpy Cat
9% Stephen Lewis
7% Drake
4% Jose Bautista
4% Joanne Liu
2% Wayne Gretzky
2% Margaret Atwood
2% Ryan Gosling
1% Craig Kielburger
24% Other

I voted for me. It was awful.



Batman

Naheed Nenshi

Rick Mercer

METRO READERS

2 If you could retire one campaign-season cliché, what would it be?

	0%	100%
Attack ads	70%	
The words 'middle class'	15%	
The words 'politically correct'	6%	
The words 'women's issues'	5%	
The word 'elite'	1%	
Using babies as props	2%	
Hard hats	2%	

3 If you could change one thing about our system, what would you choose?

36% Scrap first-past-the-post voting
25% Elect the leader separately from the MPs
20% Allow voting online or by phone
6% Make the campaign shorter
3% Nothing, we're lucky to live in a democracy
10% Other

Introduce ranked ballots.

Ban parties. Officials should represent people, not parties.

Elections every five years, not four.

Right-leaning thinkers: Take back your party

HALIFAX MATTERS

Stephen Kimber



No matter the outcome of Monday's federal election, it's time for principled federal Conservatives to take back their party or abandon it as a lost cause.

I know, I know. Who am I, a left-of-centre progressive, to offer advice to those whose chosen party I'd almost certainly never vote for?

In my defence, I grew up in Nova Scotia with its tradi-

(Conservatives made) a conscious, cavalier, poll-driven decision to pit citizen against citizen.

tion of principled Progressive Conservatives. While I can, did and do often disagree with the views of Robert Stanfield, Flora MacDonald, John Hamm or Jamie Baillie, I would never question their personal integrity.

I can't say the same for Stephen Harper. In the 2015 federal election campaign, Harper's Conservatives — for that's what they are — crossed a line. More than one. More than once. To deliberately demonize Muslim Canadians.

Start with the niqab, the face cover some Muslim women wear. Harper's former minister of immigration, Jason Kenney, claims the niqab "reflects a misogynistic view of women ... grounded in medieval tribal culture."

I dare Kenney to make that argument face-to-niqab with Zunera Ishaq.

Ishaq is a thoughtful 29-year-old teacher from Pakistan who deliberately chose to wear a niqab even though "all my family," including her husband, opposed it. When Stephen Harper told her she couldn't be a Canadian if she wore her niqab to her citizenship ceremony, Ishaq courageously challenged him in court twice. And won.

So Harper doubled down, musing about a new law banning niqab-wearing public servants — even though it was unclear whether there even is one in the federal service.

His minions rushed to "stand up for our values," promising an RCMP "tip line" so old-stock Canadians can rat out their Muslim neighbours for "barbaric cultural practices."

For good measure, the government announced it will strip several Canadian-

born dual citizens convicted of terrorism of their citizenship, even though they have no connection to their other passport, and even if doing so will make it more difficult to monitor or control their activities.

None of this is about real public issues. It is a conscious, cavalier, poll-driven decision to pit citizen against citizen, to appeal to the worst of human nature in order to win votes. It is unworthy.

And it is time for principled conservatives to stand up for their principles. And against what Stephen Harper's Conservatives have become.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

metroview

Indigenous issues were not ballot issues. Again.



Danielle Paradis
For Metro

While shopping for a Halloween costume this week in Edmonton, I found a large cardboard cutout of a white woman dressed in a faux-buckskin "Native American" costume. I can't say I'm surprised. As much as I ask why this sort of racism is still a thing in 2015, this election campaign has confirmed one reason: despite this being the year of Truth and Reconciliation, neither Canadian citizens nor their politicians seem ready to vote based on the plight of indigenous Canadians.

Let's consider the debates. At the Globe debate, Liberal Leader Justin Trudeau raised First Nations issues but mainly to say that they had not come up enough. At the Munk debate, NDP Leader Tom Mulcair spoke briefly about food security in the Arctic and the lack of concern the Harper government displayed. Trudeau then brought up Harper's habit of aligning First Nations groups with terrorists.

Meanwhile, First Nations communities live with boil-water advisories. Meanwhile, Edmonton NDP candidate Aaron Paquette, who is Métis, allegedly had a large phallus scrawled on his family home.

Sissy Thiesson, a Sioux, Cree and Mennonite woman in Edmonton who works as a youth co-ordinator, confronts issues affecting aboriginal people daily. The underlying issue is "intergenerational trauma, where the mistreat-

ment of aboriginal people for decades produced victims who in turn mistreated their families due to what they learned," she said.

Last week, the Assembly of First Nations graded the NDP, Liberal, Conservative and Green platforms. Among the metrics were commitment to truth and reconciliation, language rights and strengthening First Nations communities. The NDP received full marks for their platform, with the Liberals only slightly behind, owing to their lack of plans for languages. The Conservatives pledged to focus on programs to fight gang violence and on bursaries.

The Truth and Reconciliation report calls for reducing the number of indigenous children in foster care and closing the gap between funding for First Nations communities on and off-reserve. But a legacy of residential schools makes education more complicated than access. As a tool of assimilation, education is a sensitive issue for many indigenous people. Closing the gap on federal funding is an essential step toward healing.

Faux-Indian costumes mirror the faux-concern and lip service paid to indigenous issues. In 2014, Harper said an inquiry into murdered and missing indigenous women was "not on his radar." It would seem 'not-on-the-radar' is an appropriate way to describe where First Nations people have been in this election.

Danielle Paradis (@Daniparadis) is an Edmonton-based writer and education advocate.

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PHILOSOPHER CAT
by Jason Logan

IT'S NOT THE
VOTING THAT'S
DEMOCRACY, IT'S
THE COUNTING.





THE PATIENT'S PLAYBOOK

Be assertive and involved in your treatment, author says

In *The Patient's Playbook*, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

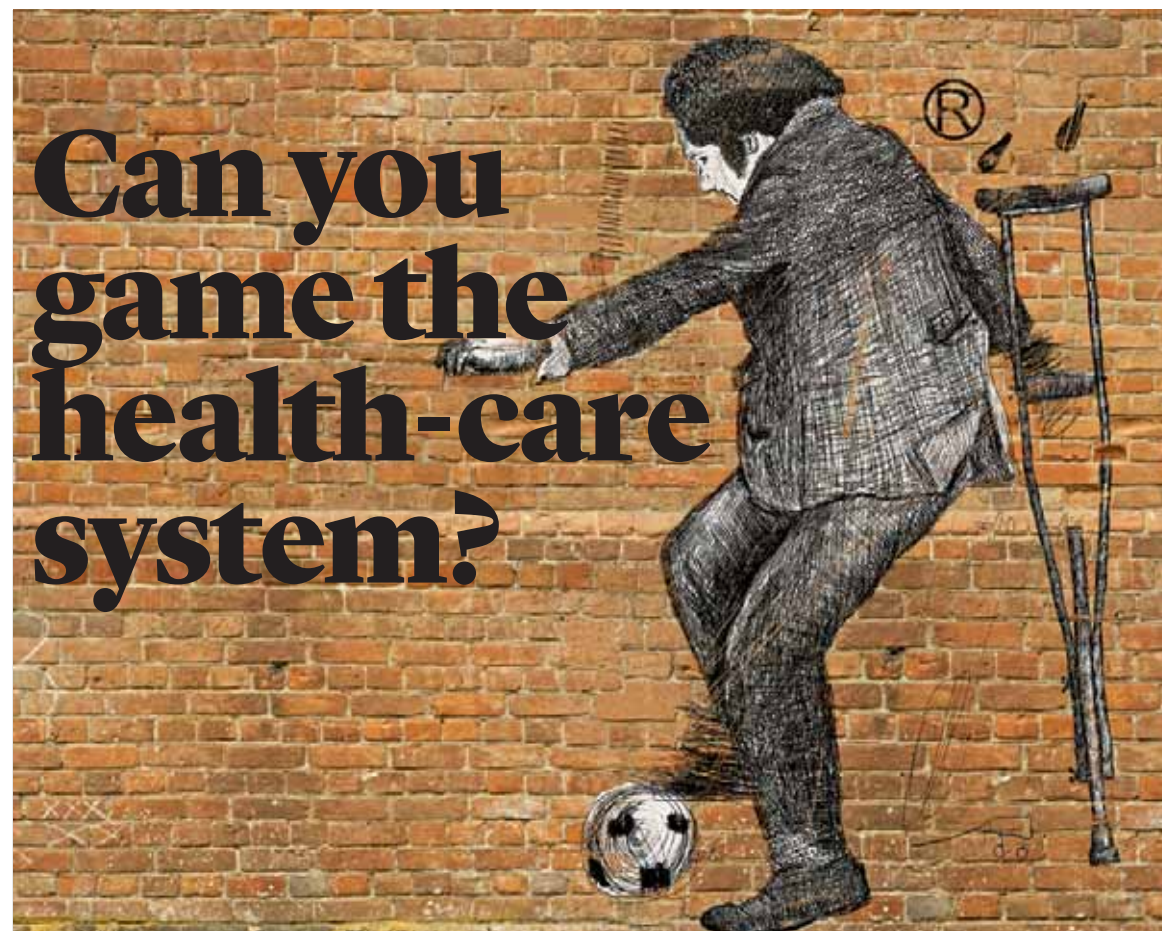
You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?

There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

You talk about preparing for falling ill. What should a person should do?

We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong



ISTOCK

and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

What should you look for in a primary-care physician?

You want someone who listens and respects you, and someone you will listen to.

It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

What are the biggest mistakes patients make?

Becoming passive and doing

nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

Explain the no mistake zone.

It's a multi-step process that reduces anxiety and ensures you make better choices.

First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who



No realm of knowledge is more complex than human biology.

Leslie Michelson, author of *The Patient's Playbook*



specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

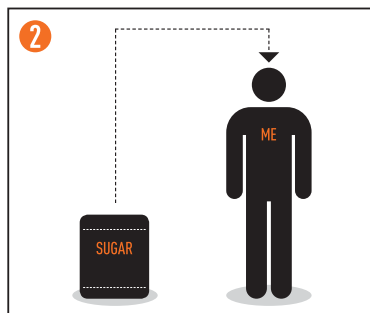
In your book, you encourage people to do what they can to jump the queue. Why?

I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

Once in hospital, how can a patient stay safe?

Hospitals are miraculous institutions, but they're also dangerous. That's why it's great to have an advocate with you. TORSTAR NEWS SERVICE

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No alcohol is safe during pregnancy, says new report

RESEARCH

Professionals reinforce dangers of drinking

Think a glass of wine is safe while you're pregnant? Think again, says a new report highlighting the dangers of drinking during pregnancy.

The report, published in the November issue of the journal *Pediatrics*, identifies prenatal exposure to alcohol as the "leading preventable cause" of birth defects and intellectual and neurodevelopmental disabilities.

"The biggest message is that alcohol use during pregnancy is not safe," said lead author Dr. Janet Williams, a former chair of the AAP's committee on substance abuse.

The clinical report from the American Academy of Pediatrics stresses expectant mothers shouldn't drink during any trimester of pregnancy, and reinforces the risk of fetal alcohol spectrum disorders or FASDs.

The umbrella term encompasses fetal alcohol syndrome — marked by certain facial features, such as smaller eyes, a thin upper lip, and a smooth space between the nose and lips — and a range of physical, emotional, behavioural and in-

+ THE COSTS

A big societal impact

In Canada, more than 3,000 babies are born with FASDs every year, according to Health Canada. The damage caused by mothers drinking during pregnancy costs more than \$5 billion a year, noted a 2009 paper in the *Canadian Journal of Clinical Pharmacology*, co-written by Dr. Brenda Stade, head of the FASD clinic at St. Michael's Hospital in Toronto.

TORSTAR NEWS SERVICE

tellectual problems.

The report based its findings on the "large and growing body of research" that exists and did not include new original research.

The level of impact is somewhat dose-related, Williams said. "Binge drinking — a big push of alcohol — is more likely to cause harm."

But Williams stressed modern evidence shows no amount is safe, despite misconceptions to the contrary.

"None of the evidence that has come out has said, 'Oh gee, we should loosen up on our beliefs,'" she said.

Even so, modern moms-to-

be often hear mixed messages about drinking.

Toronto mother Jennifer Beer recalled seeing warning campaigns about drinking during pregnancy, but also heard differing advice from friends and health-care workers.

"When I was pregnant with my son, I mentioned to my midwife at one of my regular checkups that I was craving a glass of white wine. She looked almost shocked, and replied, 'You mean you haven't had anything to drink this whole time?'" Beer said.

Stade said clear messages are key so expectant mothers aren't confused. She agreed with the American Academy of Pediatrics report's main message that no amount of alcohol is safe during a pregnancy.

But she did raise concerns about the report alarming women unnecessarily.

"Some women do drink before they know they're pregnant, and I wouldn't want them to get so scared that it will cause fetal alcohol syndrome," she said.

"Reports like this have come out over the years and have really scared women and they want to abort," Stade said women who know they are pregnant should abstain from alcohol completely.

She suggested women talk to their doctor about consuming alcohol during pregnancy.

TORSTAR NEWS SERVICE



Moms-to-be often hear mixed messages about drinking while pregnant, but experts agree clear messages about the dangers of drinking are key so women aren't confused. ISTOCK

HEALTH TRENDS

Women's libido drugs get boost

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend.

But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use.

But experts believe those restrictions could spur development of better treatments for women's sexual problems after more than a decade of neglect by most of the world's large drug-makers.

Kim Wallen, a psychology professor at Emory University, says Addyi represents a historic milestone that may open the door to more drugs

targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says.

"That legitimizes many other drugs that are in development."

Treatments for women's libido issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over \$2 billion, based on academic estimates that between 5 million and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drug-makers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

Dr. Lisa Dabney says several patients have asked her about Addyi, but they generally lose interest after she explains they cannot drink alcohol while taking the daily medication.

"It's definitely an option that's going to help patients," says Dabney, of New York's Mt. Sinai hospital.

"But it's going to have a limited patient audience because of the alcohol restrictions and the fact that you have to take it every day."

THE ASSOCIATED PRESS

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I spend, therefore I am



Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. **ISTOCK**

IDENTITY

Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada



Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think "retail therapy."

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday.

If there is any industry that has made it clear that we are

“Even heading to a concert or a sports game often involves spending money.”

powerless in the face of what they want to sell us it's the financial services sector.

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food. And as for mortgage life insurance, don't even get me started.

That's a product that serves the needs of the bank, not the person buying and paying for the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy

household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for \$5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

There are now more places and ways to shop than ever before. Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibbles, you'll drop good money on total crap.

Or click on a coupon site to buy five whatever's for 50 per cent off, and look how much you just saved! You can browse on Craigslist or on eBay until you find something you just have to have.

Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing. Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

For more money advice, visit Gail's website at gailvazoxlade.com.

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SMALL BUSINESS WEEK

CUA: A local banking institution

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With its corporate office located right here in Halifax, CUA offers a number of flexible, customizable banking products and services to support small businesses; including chequing accounts, loans and lines of credit, and commercial mortgages.

CUA's exclusive Small Business Loan Guarantee Program provides up to \$500,000 in term loans, working capital and lines of credit to help establish new businesses, and to provides entrepreneurs with the support they need to create employment opportunities.

The Small Business Loan Guarantee Program is the only financing program of its kind, providing access to working capital or lines of credit to individuals who would like to start or purchase a small business and/or



CONTRIBUTED

grow and expand their existing business. Applicants to the Small Business Loan Guarantee Program are evaluated on their business plan, viability and character.

CUA also offers a Local Business Grant as part of its Community Investment Grant Program, which provides funding support to non-profit, charitable organizations and local businesses that directly benefit the

community. The Local Business Grant is comprised of two \$5,000 grants which go to locally-owned and operated businesses in Halifax.

The application submission period for the Local Business Grant will take place between Oct. 19-30, 2015, in celebration of Small Business Week. A committee of key local businesspeople, including Gordon Stevens

(I Love Local HFX, Uncommon Grounds) and Alexander Henden (Local Connections Magazine) will evaluate the applications and select grant recipients. Application forms for the Local Business Grant are available online at: cua.com/grants.

To find out more about how CUA's products and services can help grow your small business, visit them online at cua.com.

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Our **Local Business Grants** supports the start-up or growth of a local business. [Apply now at **cua.com/grants**](http://cua.com/grants) »

Deadline to apply: October 30, 2015



‘We do the work... you get the credit’

When he immigrated to Canada 15 years ago, Ehab Mdoukh was trying to balance family, work, and upgrading his education with a dream of starting his own business.

Five years ago, he achieved that dream when he founded Canadian Business Management Accounting Services, Inc., which helps other small businesses with their accounting/bookkeeping services, management, payroll, and taxes. The company's philosophy can be found in their slogan: "We do the work... you get the credit."

"My goal was — and still is — to support small businesses; to help them sustain themselves and grow," Mdoukh says.

For the self-employed individual, CBMAS Inc. prepares financial statements and individual tax returns. For small-to-medium-sized businesses, they offer payroll services (including T4s), accounting system set-up, accounting/bookkeeping, virtual accounting, compilations, and outsourced Controller/CFO Services. Mdoukh knows what small business owners

struggle with because he's been there, too. Though he says there's been a lot of excitement that's come with business ownership, including the appreciation of clients and seeing his organization grow, he admits that it's not without its challenges. Mdoukh cites cash-flow management and having to play several roles in the business as two of the main challenges he faced when starting out.

To help other small business owners combat these challenges, CBMAS Inc. offers these five key bookkeeping tips: keep your business and personal finances separate; keep your paperwork organized; retain all records and receipts; avoid debt to operate your business; and be sure to file all of your tax reports on time.

"My advice for everyone: set-up your dream, believe in your efforts, work hard and be patient. And remember, we are here to support you." To find out more, visit them online: cbmasi.ca or call: (902) 982-2582.



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Marni Yuke, co-owner and Chris Gills, Optician.
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Effective security is essential for every small business. Hundreds of small businesses all around HRM and across Canada trust Wilsons Security for their experience and exemplary service, year after year.

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Simply put, Wilsons offers expert advice and timely, cost effective service.

There are lots of security providers out there — an almost overwhelming list to



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choose from. However, the field narrows when it comes to delivering on what was promised.

"My best advice when shopping for a security solution provider is to ask lots of questions to the potential candidate and ask around about the company," Redford said. "Marquee references can be an important and clear indicator as to the level of service and support a company can provide."

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Female entrepreneurs leading the way

In Downtown Dartmouth, the small businesses that bring people together and foster a sense of community are what set this neighbourhood apart from the rest.

When Genny Shaw first opened her nursing and maternity boutique, Hazelnut & Rose, it was the thought of helping other moms that most appealed to her.

"Moms put themselves last, so often," says Shaw. "I could really get behind the idea of helping moms enjoy that special time in their life."

Since opening in fall 2014, Hazelnut & Rose has become a hub where moms can gather for free hour-long prenatal education/birthing prep courses featuring guest speakers on such topics as baby weaning, back-to-work and breast-feeding, etc.

When it comes to small business ownership, Shaw reflects.

"It's a family affair, and I have amazing support. When you close up, it's not just that you walk away — it's on your shoulders, and that often goes into family life. Know your boundaries; don't go into it thinking you can walk away at

4, 5, 6 p.m." Visit Hazelnut & Rose at 46 Queen St. or online at hazelnutandrose.com.

Just a year after opening Staggers Pub & Grub in 2013, Debbie Phinney extended an open invitation to anyone who would like to gather at Staggers for a free Christmas dinner — and over 80 people accepted the invite.

"I just opened the door and didn't know what to expect. It was more amazing than I could have imagined. There were people from every walk of life. From down on their luck people, to people who were successful."

Phinney plans on doing the same this Christmas, and it's her sense of commitment to her community and desire to help others that drives her small business.

"If you can put something out in your community; in the world; then you should. And not all of it takes money; sometimes it takes time."

Visit Staggers at 26 Portland St. for their \$7 dollar tax-in lunch specials, or on Facebook: facebook.com/Staggers-DebandBob.



Visit Hazelnut & Rose at 46 Queen St. CONTRIBUTED

Early years the toughest for small businesses

For most small businesses to achieve longevity, they need to continually expect long-term growth. The first few years, however, are often the toughest.

John A. Young, Q.C. reflects on the early days as a pioneer with one of Atlantic Canada's largest law firms, BOYNECLARKE.

"In professional services, on day one you open up an office and have no clients and no customers. It can be very frustrating. In the first couple of years we were operating, I think some of our staff made more money than we did."

Tom Boyne opened BOYNECLARKE in 1972, and Young came onboard in 1975. Young remembers, "We were at 46 Queen St., above a tailor shop. In my first office, the desk was over a bathtub."

Since then, the firm has gone from employing three lawyers to over 60 — and not one of them is working near a bathtub.

BOYNECLARKE offers a diverse range of services, from Residential Real Estate Services, to Entertainment and Media Law, to Health Law. Lawyers and staff serve on boards and committees that make a difference in the community, including Metro Community Housing Association and the Mental Health Foundation of Nova Scotia, as well as assisting with fundraising drives and local charitable organizations.

The key to small business growth, Young says, is to never expect to "peak".

"In our case, we've grown every year, so we've never peaked. And we continue to grow.... If you're prepared to work and



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grow, there's no limit."

Young admits, however, that the first few years of small business ownership often seem quite bleak.

"The really hard part is, the first few years you don't seem to have anything — and then you hit a critical mass and it starts to grow. Because you will have

accumulated enough customers or clients and enough people now know you're in business.... But it's that first incubation period that's often difficult for businesses of any kind."

Contact BOYNECLARKE at: 902-469-9500 or visit them online at boyneclarke.com.

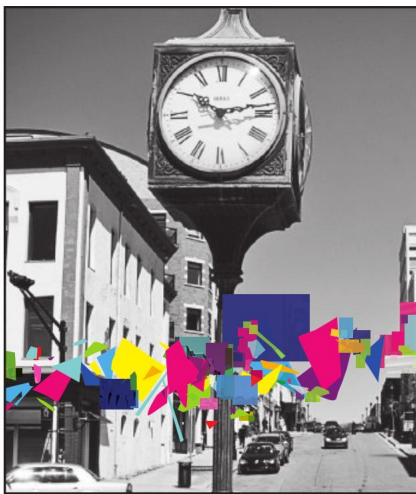
DDBC'S PART IN CREATING VIBRANT ENVIRONMENT

The Downtown Dartmouth Business Commission is a conduit for Downtown's small businesses and improvement projects.

DDBC works with community partners, the Halifax Regional Municipality, and District Five Councillor, Gloria McCluskey to create a vibrant business and residential environment built on the strengths of the district.

Led by a volunteer Board of Directors, DDBC delivers a wide range of services and programs to promote growth and development in Downtown Dartmouth, including:

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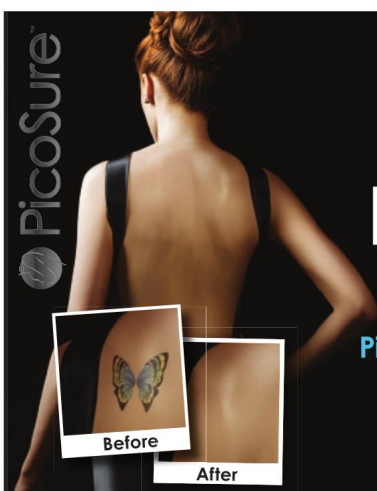
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Wildcats display supremacy

QMJHL

Division's best team put Herd in their place in weekend finale



Kristen Lipscombe

Metro | Halifax

It was “just one of those games” for the Halifax Mooseheads on Sunday, according to head coach Dominique Ducharme.

His Herd fell 7-1 to the Moncton Wildcats on the road, a rough loss less than 24 hours after a promising 7-4 win over the Acadie-Bathurst Titan at home.

The weekend opponents do represent a contrast in level of competition with the Wildcats leading the Maritimes Division and the Titan stuck in sixth and last place.

The Mooseheads are currently in fifth in the division —15th overall in QMJHL, with a 4-8-1-1 record.

“They came out with energy (and) scored the first goal,” Ducharme said of the Wildcats by phone Sunday evening.

“They played a solid game on the other side,” he said. “We didn’t play like we wanted to play (and) didn’t play with as much energy.”

Fourth-year Wildcats forward

“

Every game, we’re getting better.

Mooseheads forward Danny Moynihan

+

UP NEXT

The Halifax Mooseheads play three games this week, first in Cape Breton on Tuesday night, before hosting Moncton on Thursday and Cape Breton on Friday.

Conor Garland scored that first goal of the game just 1:19 after puck drop, setting the pace in favour of the home team, in front of over 3,000 fans at the Moncton Coliseum.

It was Garland’s first of two on the evening, his second finishing it off with two minutes left on the clock.

Moncton’s Manuel Wiederer also notched one in the first, Kelly Klima had a power-play goal and William Bower added an unassisted marker in the second, while Stephen Johnson and Eric Leger both scored in the third.

Third-year Halifax forward Danny Moynihan had his team’s lone goal of the game, on a power play in the third period with help from rookies Walter Flower and Otto Somppi.

Mooseheads netminder Eric Brassard made 30 saves, but let in six goals, with Kevin Resop replacing him between the posts at 8:33 in the third period. Resop stopped three of four shots.

In spite of the tough game, Ducharme remains confident the Mooseheads can compete with the division’s top teams.

“They are a good team; there’s no doubt about that,” he said of Moncton. “But we know we can be playing better.”

The Mooseheads were not



Halifax second-year forward Brett Crossley scored his first goal of the season Saturday night in the Mooseheads’ 7-4 win over the visiting Acadie-Bathurst Titan at the Scotiabank Centre. DAVID CHAN/HALIFAX MOOSEHEADS

without their highlight reel-worthy moments this weekend, however, including Moynihan’s hat trick Saturday night, to lead them to that big win with 7,321 thrilled spectators watching inside the Scotiabank Centre.

Moynihan scored three

goals – one per period – while Maxime Fortier added a marker with the man advantage in the first, Connor Moynihan had one of his own and Brett Crossley scored shorthanded in the second. Blue-liner Cavan Fitzgerald capped it off on another

power play in the third.

In addition, Brassard made 34 saves to keep Halifax ahead.

Nicholas Blanchard, Christophe Boivin, Vladimir Kuznetsov and Guillaume Brisebois scored for the Titan.

“I think this is one of the

better games we’ve had all season,” Moynihan, 19, said after Saturday night’s win.

“There were a lot of guys with multiple-point games to-night,” he said.

“It was a really good team game — everyone contributed.”

AUS FOOTBALL

No sniff of playoffs for Huskies

For the second straight season, the Saint Mary’s Huskies have failed to make Atlantic University Sport football playoffs.

The Huskies fell 30-6 to the St. Francis Xavier X-Men at their homecoming Saturday afternoon on the Saint Mary’s University campus in the city’s south end.

The loss marks their sixth straight defeat this year, and 15th straight since the 2013 Loney Bowl, including a win-

less 2014 season.

At Huskies Stadium on Saturday, player of the game Ashton Dickson had 23 carries for 136 yards and two touchdowns for the X-Men, according to atlanticuniversitiesport.com.

St. Francis Xavier was leading 27-0 in the third quarter, with Saint Mary’s finally getting on the board off a couple field goals from Ideen Samadi, one in the third and one in the fourth, nar-

rowing the gap to 27-6.

But Jonathon Heidenbrecht added another field goal of his own for the X-Men to seal the deal with the 30-6 win over the Huskies, the AUS website says.

Saint Mary’s has two more games on its 2015 schedule, at defending AUS champion Mount Allison at 2 p.m. this Saturday and at the Acadia Axemen at the same time Oct. 31, both on the road. KRISTEN LIPSCOMBE/METRO

AUS WOMEN’S HOCKEY

SMU, Dal open season with L’s

It was mostly a tough weekend for Halifax’s university hockey teams.

On the women’s side, the Dalhousie Tigers lost their first two games of the season, both on the road, getting shut out 2-0 by the St. Thomas Tommies on Saturday and falling 6-1 to the Moncton Aigles Bleues on Sunday.

The Saint Mary’s Huskies also lost two on the road, getting edged out 6-5 by the Aigles Bleues

on Saturday and 4-2 by the Tommies on Sunday.

It was the opening weekend for Atlantic University Sport women’s hockey.

On the men’s side, the Dalhousie Tigers dropped a 4-1 decision to the UPEI Panthers on Friday, followed by a close 3-2 game to defending AUS champions the UNB Varsity Reds on Saturday, both on the road.

The Saint Mary’s Huskies fared

much better, defeating the St. Thomas Tommies 6-1 at home Friday and edging the Moncton Aigles Bleus 4-3 on Saturday.

The Huskies have won three straight games, good enough for first place in the AUS conference, while the Tigers have lost three straight, putting them in seventh place, or second last, of the 2015-16 regular-season standings.

KRISTEN LIPSCOMBE/METRO

NHL

Tarasenko leads Blues past Jets

Vladimir Tarasenko scored twice as the St. Louis Blues downed the Winnipeg Jets 4-2 on Sunday afternoon.

Tarasenko's second goal of the game — and fifth of the season — proved to be the winner as the dynamic forward fired a shot past Jets goaltender Ondrej Pavelec and into the corner of the net on a delayed penalty late in the third period.

Scottie Upshall and Carl Gunnarsson also scored for the Blues (5-1-0), who extended their winning streak to four games.

Nikolaj Ehlers and Mathieu Perreault had goals for the Jets (4-2-0).

Brian Elliott made 26 saves for his fourth win of the year.

Pavelec turned aside 37 shots, picking up his second loss.

Tarasenko's first goal of the game opened the scoring. The

Blues winger made a nifty move and put a perfectly placed shot over Pavelec's glove hand.

The Blues cap off their six-game road trip with a stop in Montreal to face the Canadiens Tuesday

night.

The Jets get a few nights off before beginning a four-game road swing in Tampa Bay to face the Lightning Friday night.

THE CANADIAN PRESS

“

It was a lot of fun and we won the street fight. It was close, hard fought. The teams really get after each other.

Blues coach Ken Hitchcock

NFL

Broncos win in OT, improve to 6-0

As is often the case, Peyton Manning made all the plays when it mattered most.

Manning shook off three interceptions and drove Denver in range for Brandon McManus' 34-yard field goal with 4:56 left in overtime, giving the unbeaten Broncos a 26-23 win over the Cleveland Browns on Sunday.

Manning took the Broncos from their 12 to the Cleveland 16 before McManus kicked his game-winner to make Denver

6-0 for the seventh time in franchise history. The Broncos only rallied thanks to their top-ranked defence, which came up huge in overtime.

After Manning's third pick, Denver recorded a tackle behind the line of scrimmage and then made two consecutive sacks of Josh McCown to push the Browns (2-4) out of field-goal range.

Given another chance, Manning took over. He completed all four of his pass attempts for 39 yards on the last drive. Manning, who has thrown seven touchdown passes and 10 interceptions this season, finished 26 of 48 for 290 yards and the one TD, a 75-yarder to Emmanuel Sanders. THE ASSOCIATED PRESS



Peyton Manning
GETTY IMAGES

RUGBY WORLD CUP

Southern Hemisphere teams rule semifinals

More than two months later, London will host the semifinals of the Rugby World Cup.

Following victories by Argentina and Australia to conclude the quarter-finals on Sunday, the last northern hemisphere optimists were eliminated.

Six Nations champion Ireland, which had never reached the semifinals, and Scotland, which reached the last four way back in 1991, will have to wait four more years. For the first time, all four semifinalists come from

one hemisphere — and it is south of the Equator.

The Irish were smashed by Argentina 43-20 in Cardiff. Scotland, the team least expected to break the south's hegemony, came the closest. The Scots led Australia into the last minute until conceding an unlucky penalty which Bernard Foley nailed in the rain at Twickenham for the Wallabies to prevail 35-34.

Defending champion New Zealand is pit against South Africa on Saturday in the first semifinal, while Australia takes on Argentina in the other on Sunday.

THE ASSOCIATED PRESS



Right-fielder Jose Bautista, left, and second baseman Ryan Goins watch as a fly ball drops for a single during the Jays' 6-3 loss to the Royals on Saturday in Kansas City. RICK MADONIK/TORSTAR NEWS SERVICE

Royals make the most of a big break

MLB PLAYOFFS

Blue Jays return home trailing 2-0 in ALCS

Baseball is a game of inches, Toronto catcher Russell Martin noted.

And the Blue Jays are learning quickly that if you give the Kansas City Royals an inch, they will take a mile.

Down 3-0 after six innings with David Price mowing down 18 straight batters, the Royals took advantage of a fielding miscue to score five runs in the seventh and chase the Toronto ace on Saturday. Kansas City ended up winning 6-3 to take a 2-0 lead in the best-of-seven American League Championship Series that resumes

Monday in Toronto.

The seventh opened with a Ben Zobrist popup to shallow right field. It looked like a routine play with both outfielder Jose Bautista and second baseman Ryan Goins converging on the ball. Bautista stopped, with Goins appearing to call for the ball. Then Goins stopped, saying later he believed he had been called off.

The ball dropped onto the turf, Zobrist made it to first and the comeback was on. Five singles and a double followed.

Price, who had previously only yielded a single off his first delivery of the day, gave up five hits in 2/3 of the seventh.

The smart, hard-working Royals, who have a history of comebacks in these playoffs,

did their bit to keep the scoreboard turning.

Midway through the rally, Kansas City elected to have Eric Hosmer go for second while Kendrys Morales was at the plate. Morales grounded out

to shortstop Troy Tulowitzki but Hosmer, thanks to the early jump, was able to get to second.

"The key to that whole inning, believe it or not, was Hosmer stealing second base," said Royals manager Ned Yost. "That was a double-play ball. That allowed us to get to a point we could score five runs, that was huge."

The Jays may have outscored Kansas City by 167 runs in the regular season but the Royals know how to take their chances.

.200

The top six of the Blue Jays order is 9-for-45 (.200) with two runs scored in the first two games of the ALCS.



K.C. to go Young for Game 4

Royals manager Ned Yost has chosen Chris Young over Kris Medlen as his starter for Game 4 of the ALCS.

Young has only made two starts since July 28, but they were good ones. He allowed one run in 11-1/3 innings over those two outings, with his final start coming Oct. 2.

"He's got really good numbers against these guys," Yost said. "They're both great choices, but, you know, Chris Young, his last two starts of the year were really, really good for us. We feel like he gives us a good chance to win."

Young faced the Blue Jays once this year, a 7-5 loss on July

"I think it's a strong offence from one to nine ... There's no real dead spots," Yost said prior to the series. "And you can sustain a rally anywhere in that lineup."

The Jays have dug themselves out of a hole before, winning three straight after dropping the first two games to Texas in the American League Division Series. But they have made things difficult for themselves, with Royal ace Johnny Cueto slated to face Marcus Stroman next at the Roger Centre.

"It's not the most comfortable place to be, but we're still confident," Bautista said. "We're a great team. We're playing good baseball. Today was just one of those days where a small mistake can open the door for the other team."

"So we're not going to try and overanalyze it and just come into the next game and play good ball." THE CANADIAN PRESS

11. Edwin Encarnacion hit a two-run shot and Young yielded five hits and three runs over six innings. But the six-foot-10 hurler has held current members of the Blue Jays to a .229 average (22-for-96) over his career.

R.A. Dickey is slated to start Game 4 for Toronto.

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RECIPE Lentil Chili



PHOTO: MARY VASNETE

Ceri Marsh & Laura Keogh
For Metro Canada

• Salt and pepper to taste
Toppings: grated cheddar cheese, chopped cilantro, salsa, sour cream or Greek yogurt.

Directions

1. In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.
2. Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.
3. Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

FOR MORE MEAL IDEAS, VISIT
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You won't miss the meat in this earthy, zesty vegetarian dinner.

Ready in

Prep time: 25 minutes

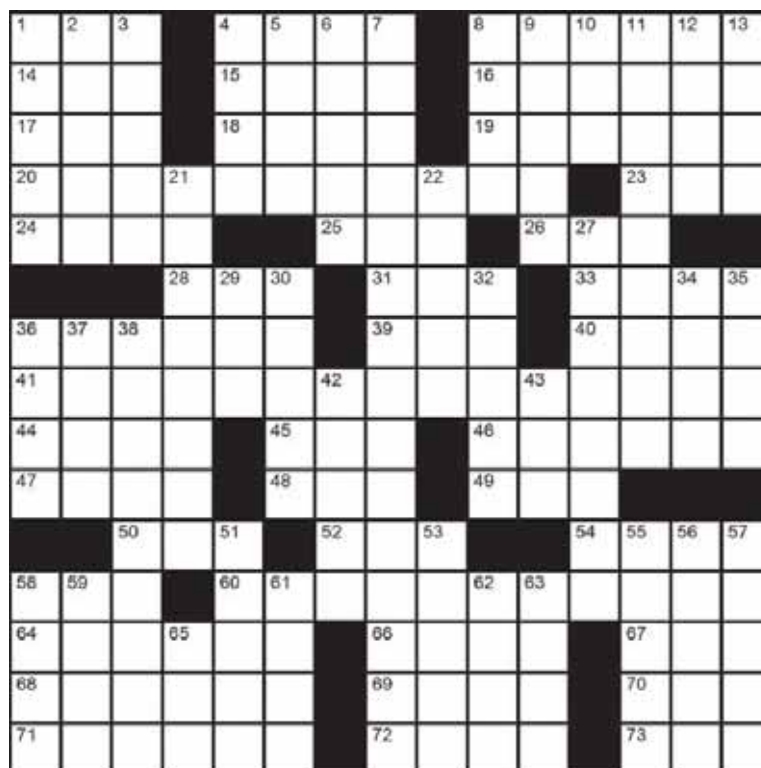
Serves 4

Ingredients

- 2 Tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1/2 cup brown lentils
- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Pertinent
4. Marx Brothers musical instrument
8. Billy _ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and _
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooeey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short

52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey _ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person

72. French pronoun
73. Traveller's accommodation

DOWN

1. Taper off
2. "Doctor Zhivago" (1965) character

- off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of _ (Pharmacy item)
29. _ Diego
30. Soar
32. Basketball-in-basket sound
34. And _ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. _ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. _-friendly
62. Whirl
63. BC-mined stone
65. Soak flax

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

Taurus April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

Gemini May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

Cancer June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

Leo July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

Virgo Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

Libra Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

Scorpio Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

Sagittarius Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

Capricorn Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

Aquarius Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

Pisces Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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